

AMENDMENTS TO THE CLAIMS

This listing of claims will replace all prior versions and listings of claims in the application:

Listing of claims:

1. (Previously Presented) A sleep-promoting composition comprising theanine.
2. (Previously Presented) Food comprising the composition of claim 1.
3. (Previously Presented) A medicament comprising the composition of claim 1.
4. (Previously Presented) A method for promoting sleep in an individual having sleep disorders, comprising administering an effective sleep promoting amount of theanine to the individual having sleep disorders.
5. (Previously Presented) A method of promoting sleep comprising administering to a patient suffering from a sleep disorder a composition comprising sugar, L-theanine, flavor and tartaric acid.
6. (Previously Presented) The method of claim 5, wherein the sugar is granulated sugar.

7. (Previously Presented) The method of claim 5, wherein the composition further comprises malt syrup.

8. (Previously Presented) The method according to claim 4, wherein said sleep disorders are those caused by changes in a body rhythm.

9. (Previously Presented) The method of claim 5, wherein said disorder is that caused by changes in a body rhythm.

10. (Previously Presented) The composition of claim 1, wherein the theanine is administered in an amount of from 50 to 100% by weight.

11. (Previously Presented) The method of claim 5, wherein the theanine is administered in an amount of from 50 to 100% by weight.

12. (Previously Presented) The composition of claim 1, wherein the composition further comprises a mineral.

13. (Previously Presented) The composition of claim 12, wherein the mineral is a metal salt.

14. (Previously Presented) The composition of claim 13, wherein the metal salt contains an element selected from the group consisting of iron, magnesium, copper, zinc, selenium, calcium,

potassium, manganese, chromium, iodine, molybdenum, nickel, and vanadium.

15. (Canceled).

16. (Previously Presented) The method of claim 5, wherein the composition further comprises a mineral.

17. (Previously Presented) The method of claim 16, wherein the mineral is a metal salt.

18. (Previously Presented) The method of claim 17, wherein the metal salt contains an element selected from the group consisting of iron, magnesium, copper, zinc, selenium, calcium, potassium, manganese, chromium, iodine, molybdenum, nickel, and vanadium.

19. (Previously Presented) The composition of claim 1, wherein the composition is in the form of a solution or suspension.

20. (Previously Presented) The method of claim 5, wherein the composition is administered at a dose of 0.2 to 200 mg/kg weight.

21. (Currently Amended) A method for promoting sleep in a human having a sleep disorder, comprising:

administering to a human an effective amount of theanine to moderate or ameliorate ~~ameliorate~~ a sleep disorder selected from

the group consisting of insomnia, vigilance in middle of sleep, vigilance in early morning and disturbance of restful sleep.

22. (Previously Presented) The method of claim 21, wherein said human suffers from insomnia.

23. (Previously Presented) The method of claim 21, wherein said human suffers from vigilance in middle of sleep.

24. (Previously Presented) The method of claim 21, wherein said human suffers from vigilance in early morning.

25. (Previously Presented) The method of claim 21, wherein said human suffers from disturbance of restful sleep.

26. (Currently Amended) The method of claim 21, wherein said effective amount of theanine composition is administered to said human on a daily basis.

27. (Previously Presented) The method of claim 21, wherein said theanine is administered in the form of a composition comprising sugar, L-theanine, flavor and tartaric acid.

28. (Previously Presented) The method of claim 21, wherein the theanine is administered at a dose of 0.2 to 200 mg/kg weight.